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The Farm Newsletter

USU Student Organic Farm

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Farm Newsletter

Week of 12 September 2016

Ripening Tomatoes

Here at the farm we are about as anxious for the tomatoes to ripen as people can be.

However, they just don't seem to be picking up the color that they should be at this point.

One method for getting tomatoes to ripen is to cut them off the plant in bunches with some of the stem still attached

and to let them sit/hang in a warm place out of direct sunlight. This should ripen them in about a week's time. We are going to try this with a few of our many many green tomatoes in the hope that we will have at least a few tomatoes to give you next week. If the ones on the plant decide to ripen, then you will get both. Wish us luck!



In The Box

Bell Peppers

Jalapeños

Tomatillos

Beans

Carrots

Broccoli Leaves

Choice of Squash

- Spaghetti
- Zucchini
- Crookneck
- Cucumbers

Save the Date

Potato Harvest

**NEXT WEEK,
September 24th**

The university plots adjacent to the farm have been researching methods for organic potato production. These potatoes will be harvested in the days preceding pickup, at which point they will be available for CSA members.

CSA Barbecue

**TWO WEEKS,
October 1st**

Come join us for free food during pickup time from 10-noon in appreciation for all of the support we receive from our CSA members.



The CSA manager's son on a visit to the farm last week.

Spaghetti Squash I

by James, <http://allrecipes.com>



Nutrition

Amount per serving (6 total)

Calories:	147 kcal	7%
Fat:	9.8 g	5%
Carbs:	12.8g	4%
Protein:	4.1 g	8%
Cholesterol:	17 mg	6
Sodium:	269 mg	11%

Ingredients

- ✓ 1 spaghetti squash, halved lengthwise and seeded
- ✓ 2 tablespoons vegetable oil
- ✓ 1 onion, chopped
- ✓ 1 clove garlic, minced
- ✓ 1 1/2 cups chopped tomatoes
- ✓ 3/4 cup crumbled feta cheese
- ✓ 3 tablespoons sliced black olives
- ✓ 2 tablespoons chopped fresh basil

Preparation

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.

Place spaghetti squash with cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven and set aside to cool enough to be easily handled.

Meanwhile, heat oil in a skillet over medium heat. Cook and stir onion in oil until tender. Add garlic; cook and stir until fragrant, 2 to 3 minutes. Stir in tomatoes and cook until tomatoes are warmed through.

Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Toss with the vegetables, feta cheese, olives, and basil. Serve warm.

Prep time: 15min

Cook time: 30min

Total Time: 45min